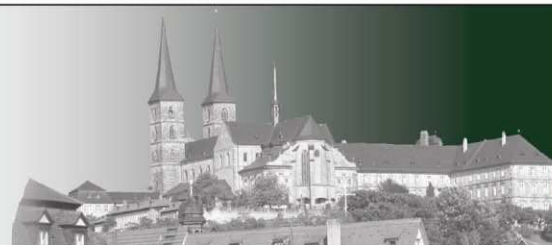




WARNER WEEKLY

News & Information at Your Fingertips



www.bamberg.army.mil / Fri. April 20, 2007 / VOL. 2, Issue 16

Community Announcements

National Days of Remembrance



In observance of the National Days of Remembrance, the Bamberg Equal Opportunities office invites soldiers, family members and civilians to take part in a trip to the Dachau Museum and concentration camp on Thur. April 26. A commercial bus will leave Bldg. 7000 at 6:30 a.m. Participants will visit the camp from 9 a.m. to noon, and then tour the city of Munich afterwards. The bus arrives back in Bamberg around 7 p.m. This trip is free. To reserve a seat please contact SFC Freeman at 469-8624 by Mon. April 23.

Participate in Spring Clean-up May 7 - 11

The annual Spring Clean-Up is May 7-11. Help keep our Bamberg military community beautiful!

ON-POST—Bulk items will be picked-up in on-post housing May 9 -11 between 9 a.m. and 4 p.m. Residents should place all unwanted bulk items outside for pick-up. The last pick-up will be on May 11 at 4 p.m.

OFF-POST—Leased and off-post housing quarters should use City Bulk dates. Units have to take their bulk trash and bags of debris to the Recycling Center and separate.

Areas to focus on this Spring included: basement hallways, clean behind and under washers and dryers, clean stairwells, windows inside and out, clean overhang over front doors and large common storage rooms. Don't forget to pick up debris and trash outside your building! For more information contact: Mr. Weis at DSN 469-7598/8849 DPW-Environmental Office or Housing Zone Coordinator SSG King at DSN 469-8115

The DPW Self-Help Store has the appropriate equipment to make your Spring Cleaning a breeze! We are located at Bldg. 7039 across from the MWR Car Wash. Open Mon. through Fri. 9 a.m. - 4 p.m. and CLOSED on weekends and all German and American Holidays.

Community Yard Sale scheduled for May 5 and 6

A Community Wide Yard Sale will take place on Sat. May 5 and Sun. May 6 from 9 a.m. to 5 p.m. Both on-base and off-base residents can set-up sale items in the Parking Lot across from Building 7000, or in their yard. No permits, no fees required on either of these days. Take advantage of this opportunity to get rid of your unwanted stuff while spring cleaning! For more information please contact the Directorate of Human Resources at DSN 469-7713 or CIV 0951-300-7713. In the event of inclement weather, May 11 and 12 have been scheduled as a rain date.



Photo Amy L. Bugala

Know Yourself. Know your Limits. Do you know where to draw the line? Over 100 Bamberg Soldiers and civilians completed an alcohol self-assessment survey in the commissary lobby on Thursday during the Alcohol Substance Abuse Program screening day. Candace Merritt, counselor at the Bamberg Community Counseling Center, gives PFC Keith Floyd an evaluation based on his survey score. If you have concerns how alcohol may be affecting your health or the health of a loved one, contact Bamberg ASAP at 469-7038.

Clean-up and tee-off on Saturday

Come out and lend a hand on Sat. April 21 at the annual Whispering Pines golf course clean-up at 9 a.m. All helpers can participate in a free 9-hole tournament and barbeque immediately following. The clean-up will be postponed in the event of inclement weather. For more information contact the course at CIV 0951-300-8953.



Register for May Yard of the Month

Catch spring fever by registering for the May Yard of the Month contest. All base residents can compete in the Yard of the Month. Yards, balconies and stairwells will be judged on landscaping, creativity and beautification. Participants must register through the Housing Zone Coordinator SSG King at 469-7946 / Mobile 0162-270-9268, or your stairwell / building coordinator. Deadline for registration is Wed. May 23 at 3:30 p.m. Win an AAFES Gift Card, a sign of recognition for your balcony, yard or stairwell and much more! Judging will begin the week of May 28. Winners will be announced the first week of June.

What are you doing this summer? Summer Hire 2007 applications are being accepted now through May 11. Log-on to <http://www.chra.eur.army.mil/staffing/summerhire/default.htm>

Self Help has it all!

The Bamberg Self-Help store can help make your yard a winner! Stop by Self-Help located in Building #7039 (Across from the MWR Car Wash) to pick up shovels, hoes, rakes, pruning shears and more. Potting soil (limited to three bags per household per year), flower boxes with brackets, grass seed and mulch are now available. Top soil and peat moss are available all year round. Open 9 a.m. to 4 p.m. Monday through Friday (except German/American Holidays). Take advantage of the great spring weather and get started today.

WANTED:

CID Seeking Soldiers to Become Special Agents

CID Public Affairs Release

The U.S. Army Criminal Investigation Command (USACIDC), commonly known as CID, is seeking qualified applicants to become highly-trained criminal investigators.

Army CID Special Agents are responsible for investigating felony-level crime of Army interest, conducting protective service operations and working with other Federal, state and local law enforcement agencies to solve crime and combat terrorism.

Agents receive the very latest in criminal investigative training at the U.S. Army Military Police School and advanced training in specialized investigative disciplines. Selected agents receive advanced training at the FBI National Academy, the Federal Law Enforcement Training Center and the Canadian Police College. Agents also have the opportunity to pursue a master's degree in Forensic Science at George Washington University.

To qualify applicants must be a U.S. citizen, be at least 21-years-old and have at least two years of military experience but not more than 10, have a physical profile 222221 or higher, normal color vision and an ST score of 110 or higher (ST 107 if tested on or after 2 January 2002). They must be able to speak and write clearly, have two years of college or at least 60 semester credit hours, maximum grade of E-5 Sergeant (non-promotable), be able to complete 60 months of service obligation upon completion of the Apprentice Special Agent Course, have no record of psychological or pathological personality disorders and no record of unsatisfactory credit, have suitable character established by a Single Scope Background Investigation (SSBI) leading to a Top Secret clearance, have no civil court or court martial convictions, and lastly, Soldiers with civilian or military law enforcement experience are preferred, but not required.

For more information contact the Bamberg CID Branch Office (Bldg. 7493) Special Agent-in-Charge, Mr. Brett Brandon at 469-7776 or visit www.cid.army.mil to download applications or obtain more information.



Commissary Case Lot Sales

Buy more, save more at the Spring commissary case lot sales! Bamberg's case lot sale will be on Sat. May 26 and Sun. May 27 from 11 a.m. to 6 p.m. Come out early, stock up and SAVE!



Sunday is Earth Day, learn how you can help save Knut!

By Dr. Isabelle Fahimi, Bamberg Environmental Office



Knut is a cute little polar bear living in the Berlin Zoo. He has become famous, and actually even made it to his own article in the New York Times and was visited by several thousand people in the zoo. Sales of t-shirts,

stickers, Knut-postcards and stuffed white bears are flourishing. Why? There are probably two reasons. For one, because some environmental groups had suggested euthanizing the little thing because he wasn't being kept appropriate to his species, and probably also because the current topic of global warming is leading to a heated discussion on the future of the North Pole (it might melt) and, naturally, the future of the polar bears.

Some scientists say if the ice cap shrinks, the migration and feeding patterns of the bears would change, and they would have to travel further distances for food. If the ice would melt, the polar bears would have to swim longer distances to get to new hunting grounds - this would be especially difficult for the little cubs.

Take Action

Earth Day and every day is a time to act to protect our planet. Take time on Sunday, April 22 to initiate a few small changes to do your part to save the North Pole and the polar bears. These easy energy saving tips will help you get started!

- **Reduce your carbon footprint!** Use public transportation, carpool, walk, or bike whenever possible to avoid using your car.
- **eCycle** - take your old computers or other electronics to the recycling center. This helps keep lead, cadmium, and other substances out of the landfill.
- Leaving your car at home twice a week can cut greenhouse gas emissions over 1,500 pounds per year.
- Open the fridge quickly to avoid letting cool air out
- Don't place warm food in fridge or freezer
- **Make it a full load.** Run your dishwasher only when it's full; use the rinse-and-hold dishwasher feature until you're ready to run a full load and save water & energy!

For more information on what you can do to save our natural resources and help reduce the effects of global warming contact the Bamberg Environmental Office at 0951-300-7730 or log-on to <http://www.earthday.gov/> and read more.

Online calendar to assist PCS move

IMCOM-Europe Public Affairs Release

The Installation Management Command-Europe has created a new online calendar to help Soldiers, civilian employees and families leaving the region this summer.

The calendar, located on IMCOM-Europe's website, will identify available dates for household goods pick-up/pack-out, aid in permanent-change-of-station planning and encourage people to schedule appointments early to increase the likelihood of getting desired dates, said Jeff Schott of IMCOM-Europe's transportation office.



Army photo

Permanent-change-of-station moves for Soldiers, civilian employees and families have been eased with an online PCS calendar

When accessing the calendar, customers will see that each day is colored either in green, yellow or red.



Green-indicates household goods pick-up/pack-out dates are available.



Yellow -signifies dates are available, but quickly filling up.



Red-means household dates are unavailable.

"This summer's PCS season is projected to be one the busiest in a decade," Schott said. "But there are steps people can take to help ensure their moves are successful."

Schott suggests that customers take these steps:

- **Go to the site.** Find an available moving day on the capacity forecast calendar located on the IMCOM Europe Web site, which is www.imcom-europe.army.mil. Click on the "Capacity forecast calendar" link located on the far left to enter the calendar.
- **Be flexible.** Because others also are moving to new duty stations, people may have to accept a pick-up date two working days before or two working days after the one they want.
- **Be prepared.** Situations may force change of PCS plans.

"Your patience and cooperation will help ensure a smoother move," Schott said.

Community Closures / Changes

Red Cross office has moved

The Bamberg American Red Cross is now located on the second floor of Bldg 7290, room 215, upstairs from Service Credit Union. The phone numbers remain the same and are DSN 469-1760 / 7785 CIV 0951-3001760 or fax 469-7470.

Weekly Reminders

Thur. April 26 - Attend Community Resource Forum

All community members are encouraged to attend the next Community Resource Forum on Thur. April 26 at 9 a.m. in the Post Briefing Room. All handouts must be submitted by Fri. April 20. If you would like to brief a topic, please contact Alfredo Bonilla at ACS at 469-8399 or 469-7777.

Wed. May 9—Attend Community Town Hall

The next Community Town Hall will be on Wed. May 9 at 6 p.m. at Preston Hall. Community leaders from the Garrison Command Group, Directorate of Public Works, AAFES, Service Credit Union, Commissary, DMWR, DoDDs, Chaplains Office, Legal assistance and more will be on hand to answer your questions and address your concerns. All community members are encouraged to attend. If you have questions... we have answers!

Start using your new CMR address now

You must use a proper 4 line military address to receive items at your CMR or mail items at your APO. **(regardless of where your unit or community mailroom is currently located.)** The new consolidate mailroom (CMR), located in Bldg 7116, is set to open this spring.

As of March 1 new box numbers were issued. If you have been assigned a new CMR address and box number, start using it now. If you have not been assigned a new box number please inquire at your unit mailroom immediately. A cut-off date will be put into effect and improperly addressed mail will be returned to sender.

Example:

RANK and NAME: SGT. Johns Customer
UNIT Designation: HHD, 5th Engineer Bn
CMR and Box number: CMR 459, Box 01234
APO number and plus 4*: APO, AE 09139-1234

*The plus 4 digits following the APO number are the LAST FOUR NUMBERS in your box number.

Continuing Education Resources

Submit BSSC Scholarship applications

The Bamberg Spouses' and Civilians' Club scholarship application deadline for Term V is Tue. May 8. Stop by the Thrift shop during operating hours to pick up an application.

What are you doing this summer? Summer Hire 2007 applications are being accepted now through May 11. Log-on to <http://www.chra.eur.army.mil/staffing/summerhire/default.htm>

Apply for AER scholarship

The AER Spouse education grant for Term V application deadline is Mon. April 30. The Overseas Spouse Education Assistance Program (OSEAP) is a need-based education assistance program designed to provide Army spouses, residing with active duty Soldiers overseas with financial assistance in pursuing educational goals. The purpose of the program is to assist spouses in gaining the education required to allow them to qualify for increased occupational opportunities. For more information go to www.aerhq.org or visit the education center for an AER application.

Courses offered at DTF

The Bamberg Digital Training Facility located at Bldg. 7055 is offering the following classes in May:

BNCOC AI TRAIN UP: April 30 - May 4
BNCOC Phase I: May 7 - 25

For more information, please contact Lilian Benitez at DSN 469-8118. (BNCOC AI: Basic Noncommissioned Officer Course ASSISTANT INSTRUCTOR TRAIN UP; BNCOC : Basic Noncommissioned Officer Course Phase I)

Respite Care Providers Needed

Are you a dependable and caring individual motivated by a desire to serve family members with disabilities? If so, then contact the Bamberg Exceptional Family Member Program (EFMP) manager and learn how to become a Respite Care provider. The training is free and providers can earn up to \$35 per hour per child. For more information please contact the ACS, EFMP manager Sylvia Gerstner at DSN 469-7777 or CIV 0951-300-7777.

Health and Safety

Attend Battlemind II briefing

Starting on Wed. May 2 Bamberg Social Work Service will be conducting Battlemind II briefings on the first Wednesday of every month at 9 a.m. The Briefings are for Soldiers that have been re-deployed for 90 days or more and need their Post Deployment Health Readiness Assessment (PDHRA). Once Soldiers complete the briefing they will be sent to the health clinic to be cleared from MED-PROS. Additional Battlemind II briefings dates will be: June 6, July 11, August 1, September 5, October 3, November 7, December 5. For more information contact is Candice Keith at 469-7793/9016.

College students encouraged to get vaccine

Dormitories ripe with meningitis bacteria

MEDCOM Europe Release

When high school students receive their acceptances to college, they should also receive something else: **a vaccination.**

The potentially life threatening bacteria called Neisseria meningitidis commonly infects military personnel living in barracks and college students living in dormitories. Basic trainees routinely receive the vaccine to protect them against several types of meningitis and other infections. Health officials recommend that college-bound students receive the vaccine, too.

Corr recommends the meningococcal vaccine for several other groups of people:

- Adolescents entering middle school (11-12 year olds) or high school (15 years old)
- A child or adult without a spleen
- Children and adults who lack "complement proteins," a particular group of serum proteins that
- help the body fight infection
- People exposed to someone infected with meningitis types A, C, Y, or W-135
- Children and adults traveling to sub-Saharan Africa between December and June.

Please contact the Bamberg Health clinic for more information about receiving the meningococcal vaccine.

New behavioral health website offers answers

Army Medical Command Public Affairs Office release

What exactly is a Post-Deployment Health Reassessment? Where can I get help for my spouse who is having nightmares about experiences in combat? My buddy said he's thinking about committing suicide, what should I do?

ARMY BEHAVIORAL HEALTH

Search!

Home News FAQs Get Answers Links

Pre-Deployment
This Web site provides resources and information regarding mental well-being for Soldiers and their family members. Provided by the U.S. Army Medical Department, it is intended for interested Soldiers, family members, the public, news media and Army Medical Department Beneficiaries.

Post-Deployment
This Web site provides resources and information regarding mental well-being for Soldiers and their family members. Provided by the U.S. Army Medical Department, it is intended for interested Soldiers, family members, the public, news media and Army Medical Department Beneficiaries.

Post-Deployment Health Assessment (PDHA)
This Web site provides resources and information regarding mental well-being for Soldiers and their family members. Provided by the U.S. Army Medical Department, it is intended for interested Soldiers, family members, the public, news media and Army Medical Department Beneficiaries.

Post-Deployment Health Re-Assessment (PDHRA)
This Web site provides resources and information regarding mental well-being for Soldiers and their family members. Provided by the U.S. Army Medical Department, it is intended for interested Soldiers, family members, the public, news media and Army Medical Department Beneficiaries.

PTSD
This Web site provides resources and information regarding mental well-being for Soldiers and their family members. Provided by the U.S. Army Medical Department, it is intended for interested Soldiers, family members, the public, news media and Army Medical Department Beneficiaries.

Soldiers
This Web site provides resources and information regarding mental well-being for Soldiers and their family members. Provided by the U.S. Army Medical Department, it is intended for interested Soldiers, family members, the public, news media and Army Medical Department Beneficiaries.

Couples
This Web site provides resources and information regarding mental well-being for Soldiers and their family members. Provided by the U.S. Army Medical Department, it is intended for interested Soldiers, family members, the public, news media and Army Medical Department Beneficiaries.

Children
This Web site provides resources and information regarding mental well-being for Soldiers and their family members. Provided by the U.S. Army Medical Department, it is intended for interested Soldiers, family members, the public, news media and Army Medical Department Beneficiaries.

Extended Families
This Web site provides resources and information regarding mental well-being for Soldiers and their family members. Provided by the U.S. Army Medical Department, it is intended for interested Soldiers, family members, the public, news media and Army Medical Department Beneficiaries.

National Guard
This Web site provides resources and information regarding mental well-being for Soldiers and their family members. Provided by the U.S. Army Medical Department, it is intended for interested Soldiers, family members, the public, news media and Army Medical Department Beneficiaries.

Army Reserve
This Web site provides resources and information regarding mental well-being for Soldiers and their family members. Provided by the U.S. Army Medical Department, it is intended for interested Soldiers, family members, the public, news media and Army Medical Department Beneficiaries.

Suicide Prevention
This Web site provides resources and information regarding mental well-being for Soldiers and their family members. Provided by the U.S. Army Medical Department, it is intended for interested Soldiers, family members, the public, news media and Army Medical Department Beneficiaries.

Research
This Web site provides resources and information regarding mental well-being for Soldiers and their family members. Provided by the U.S. Army Medical Department, it is intended for interested Soldiers, family members, the public, news media and Army Medical Department Beneficiaries.

Battlemind
This Web site provides resources and information regarding mental well-being for Soldiers and their family members. Provided by the U.S. Army Medical Department, it is intended for interested Soldiers, family members, the public, news media and Army Medical Department Beneficiaries.

Provider Information
This Web site provides resources and information regarding mental well-being for Soldiers and their family members. Provided by the U.S. Army Medical Department, it is intended for interested Soldiers, family members, the public, news media and Army Medical Department Beneficiaries.

"When our Soldiers return home, most will experience a brief readjustment period and a successful home transition. Some will need short or long-term counseling to assist in their transition. Medical assistance from the Army and the VA is available to provide treatment and see them through to a healthy outcome. Fifteen to thirty (15-30) percent of Soldiers returning from Iraq experience post-traumatic stress symptoms or other mental health symptoms. This is not unusual after combat. Recognizing and treating these symptoms early is key to preventing them from becoming a disorder such as post-traumatic stress disorder.

The majority of troops are and will remain mentally healthy. This is the result of leadership. Our Army is trained and ready and will lead. Leadership makes a difference in the mental health of our force.

Let me end by saying that our efforts in education, prevention, and early treatment are unprecedented. Our goal is to ensure that every deployed and returning Soldier receives the health care they need."

Col. Elieph C. Ritchie, MD, MPH
Director, Proponency Office for Behavioral Health
U.S. Army Medical Command

Such questions come to the fore when Soldiers must deal with the stress of war. Now there is a new source for quick access to answers.

A new internet site www.behavioralhealth.army.mil - run by the U.S. Army Medical Department, provides information for Soldiers, their families and other interested members of the public.

Topics include:

- Behavioral-health needs before, during and after deployments pre- and post- deployment health assessments
- Post-traumatic stress disorder; suicide prevention
- Battlemind training
- Resources where Soldiers and families can get help. Links and points of contact are provided for additional information.

The full U.S. Army Medical Command Public Affairs Office release by Jarry Harben can be read at www.bamberg.army.mil

School News

BES Calendar of Events

- April 26 and 17 Spring student picture day
- April 25—May 4 Web-based assessment for 3rd, 5th and 6th grades
- April 27—May 4 Half-price book fair sponsored by the Bamberg Elementary School Parent Teacher Association

Vote on BES dress code in May

Have your say! Voting on the Bamberg elementary school dress code policy will be held in the elementary school lobby May 21-25 from 8 to 10 a.m. and noon to 1 p.m. and May 29-30 from 8 to 10 a.m., noon to 1 p.m. and 5 to 6 p.m. One vote per family with children attending BES during school year 07/08. For more information contact Kim Kozel, School Liaison Officer at DSN 469-7891 or CIV 09510300-7891.

Apply for Sure Start Pre-Kindergarten Programs

If you have a child that is four years old or will be four years old by Oct. 31, 2007 and you are an E1—E4, we want you! Please stop by the Bamberg Elementary School April 16 through 27 to apply for the Sure Start Pre-Kindergarten program for school 2007-08. Please bring current month-end LES to verify rank. For more information contact BES at 469-7616 or 0951-300-7616

Kids & Teens

Apply for 2007 Camp A.R.M.Y. Challenge

In support of families of deployed service members, IMCOM-E Morale, Welfare and Recreation will host four 2007 Camp A.R.M.Y. Challenge sessions this summer!

City Adventure:

July 16-21 in Heidelberg, Germany
Age Group: Middle School (Grades 6-8)

Tall Ship Sailing Program:

July 21-27 and
July 27-August 1 on the Baltic Sea
Age Group: High School (Grades 9-12)

Island Adventure:

August 6-11 in the North Sea
Age Group: Middle School (Grades 6-8)

Participants have the common bond of having one or both parents deployed. Camp A.R.M.Y. Challenge—which stands for Adventure, Resilience, Memories, Youth—is an opportunity to get away for a week of fun and a chance to meet other kids facing the challenges of having a parent deployed. Camp sessions will include activities to help youth develop strategies to cope with the stress associated with deployment.

Details on eligibility, application process, and camp selection process are available online at www.mwr-europe.com. Applications are due by midnight May 4.



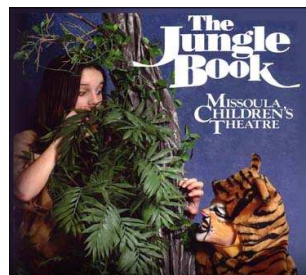
**Applications
are due by
Fri. May 4
(midnight)**



Photo Nicole Karsch-Melbom

With American flags and musical instruments in hand, children from the Bamberg child development center keep the spirit of the Month of the Military Child alive during a "Patriotic Parade" on Wed. April 18.

Missoula Children's Theater Workshop Week



Auditions for the Missoula Children's Theater workshop will be held on Mon. April 30 at 4 p.m. at the Stable Theater for children in 1st to 12th grade. To sign-up contact the CYS Central Registration at 0951-300-8660.

The Missoula Children's Theater week long workshop ends with two performances of "The Jungle Book" on Sat. May 5 at 2 p.m. and 5 p.m. Participants need to be available for rehearsals in the afternoon and evenings between 4 and 8:30 p.m. throughout the week. This workshop is brought to you in part by the SKIES Unlimited program. For more information contact Holly Matesick at 469-8647.

German hourly care available downtown

The Kinderparadies, a German hourly child care facility in the Theatergasse, will open again on April 21. Parents can drop-off their children for a few hours to do some shopping in downtown Bamberg without prior notice. The cost is 4 Euros per hour. The kindergarten-like facility with 65 sq. meters of playground with lots of toys as well as a little garden, is for children from 2 to 7 years old. The facility is open Mon. through Fri. 9 a.m. to 5 p.m., and Sat 9:30 a.m. to 2 p.m. For more information contact 0951-2080432.

Apply for Summer Hire Program

Applications are being accepted now through May 11 for the 2007 Summer Hire program. This year's program runs June 25 through August 3, 2007. The program is open to all Family Members (FM) between the ages of 14 to 22 years old. Applicants must be a FM of an active military member or DoD civilian and must be 14 years old by June 25, 2007 and cannot reach their 23rd birthday prior to the end of the program on August 3, 2007.

Non-U.S. family members may apply if they are at least 15 years old by June 25, 2007 and have not reached their 23rd birthday prior to the end of the program. Jobs are available in clerical, labor and child development center work.

Eligible applicants need to complete an online resume at www.chra.eur.army.mil/staffing/summerhire/default.htm. Applying online is the only acceptable method. All resumes must be received no later than midnight Central European Time (CET) on May 11, 2007. In-processing packets must be completed and turned in to the Bamberg CPAC Office located in Bldg. 7108 (near gate 1) within 8 days after submitting your resume online. Applications without in-processing packages on file at CPAC by the above stated date, will not be considered as a valid application. E-mail Summer Hire questions to SummerhireInquiry@eur.army.mil.

Sports and Fitness



Bamberg Whispering Pines 2007 Golf Tournament Schedule

May 12	Commander's Cup
July 14	German-American Ryder Cup
Aug 25	Richard Duck Tournament
Sept. 22 & 23	Club Championship

Don't forget the Spring clean-up tournament this Sat. April 21 starting at 9 a.m. Pitch-in and help, then play 9-holes for free immediately following.

Golf Scramble on Thursday Nights

Join the weekly Thursday Night Scramble Golf Tournament at 5 p.m. at Bamberg's Whispering Pines Golf Course. Entry fee is only \$5 per person. Please register by 4:30 p.m. Tournament starts at 5 p.m. Contact the Golf Pro-Shop at DSN 469-8953 for more information.

Power Lifting Championship this weekend



The 2007 U.S. Forces Europe Power Lifting Championships will be held at the Bamberg Freedom Fitness Facility on Sat. April 21 starting at 8 a.m. Events include men's and women's divisions. Participants may compete individually or as a team. Weigh-ins will be conducted on Saturday from 8 to 9:30 a.m. Call to pre-register or register same day. Call the Freedom Fitness

Facility at 0951-300-8890 or go to www.mwr-europe.com for more details and restrictions. This event is open to U.S. ID card holders.

Entertainment & Leisure

Thur. April 26—Attend BSCC spring luncheon

The Bamberg Spouses' and Civilians' Club invites you to attend their spring "Singing in the Rain" luncheon on Thur. April 26 from 11:30 a.m. to 1 p.m. at the Bamberg Warner Club. Please RSVP by Mon. April 23 to bscc_reservations@hotmail.com.

Have a Bamberg Ex-BEER-iance

Join the Bamberg Library staff and Better Opportunity for Single Soldiers (BOSS) for a visit to a brewery on Sat. April 28 for fun and culture. Meet at the Library at 1 p.m., take a bus and enjoy the experience. A great opportunity for single soldiers. Trip is FREE, but bring Euros for food and drinks. For more information contact Wilford L. Gore at DSN 469-1740 wilford.lee.gore@us.army.mil



Lt. Dan Band set to perform in Ansbach

The Lt. Dan Band, headed by Gary Sinise of "Forrest Gump" and "CSI: New York" fame, will play at USAG Ansbach on Sat. May 9 at 7 p.m. The free concert will take place in Hangar 2 on Katterbach Kaserne and the area will open up at 6:30 p.m. The concert is open to Military I.D. card holders only. For more information, call DSN 468-7636 or CIV 0981-183-636. The Lt. Dan Band has completed four tours for the USO and performs regularly for troops stationed around the world. Check it out at www.ltdanband.com

AAFES Bamberg Movie Schedule

AAFES Reeltime Theater is
CLOSED Tues. and Wed.



Fri.	April 20	Letters from Iwo Jima (R)	7 p.m.
Sat.	April 21	Are We Done Yet? (PG)	4 p.m.
		Hannibal Rising (R)	7 p.m.
Sun.	April 22	Are We Done Yet? (PG)	4 p.m.
		Letters from Iwo Jima (R)	7 p.m.
Mon.	April 23	Hannibal Rising (R)	7 p.m.
Thur.	April 26	Breach (PG-13)	7 p.m.
Fri.	April 27	Perfect Stranger (R)	7 p.m.
Sat.	April 28	Tyler Perry's Daddy's Little Girls (G)	4 p.m.
		Perfect Stranger (R)	7 p.m.
Sun.	April 29	Norbit (PG-13)	4 p.m.
		Tyler Perry's Daddy's Little Girls (G)	7 p.m.
Mon.	April 30	Norbit (PG-13)	7 p.m.
Thur.	May 3	Tyler Perry's Daddy's Little Girls (G)	7 p.m.
Fri.	May 4	Vacancy (R)	7 p.m.
Sat.	May 5	The Astronaut Farmer (PG)	4 p.m.
		Vacancy (R)	7 p.m.
Sun.	May 6	The Astronaut Farmer (PG)	4 p.m.
		Music and Lyrics (PG13)	7 p.m.
Mon.	May 7	The Number 23 (R)	7 p.m.

Job opportunities listed online



For all job opportunities in the local area and world-wide go to the U.S. Army Civilian Personnel Online Web Site at www.cpol.army.mil Job search and resumix application assistance is available through the Bamberg ACS Employment Readiness Office. Call 469-7787 for more information.

Contract for Audio Visual Specialist / Writer

The Bamberg Public Affairs Office has a non-personal service contracting opportunity for Audio Visual Services with a price range of \$16,640 - \$20,800. The anticipated performance period will be May 01, 2007 to April 20, 2008. Interested parties should contact the RCO Franconia or connect to the link provided below for a copy of the solicitation, packet number W912PG-07-T-0108, which shall be used for submission of your offer. Completed packets/offers will be accepted until Mon. April 23, 2007, at 2 p.m. www.usacce.army.mil/frc The potential contractor will have one year experience in writing, journalism, or an associated field paid or volunteer. Familiarity with digital photography and PowerPoint software is essential. Work will be performed in an office on Warner Barracks Monday through Friday from 10 a.m. to 4 p.m. For more information contact Vincent Read at 469-9399.

Contract for a Writer/Editor

The Bamberg Public Affairs Office has a non-personal service contracting opportunity for a Writer/Editor with a price range of \$12,800 - \$16,000. The anticipated performance period will be May 01, 2007 to April 21, 2008. Interested parties should contact the RCO Franconia or connect to the link provided below for a copy of the solicitation, packet number W912PG-07-T-0117, which shall be used for submission of your offer. Completed packets/offers will be accepted until Thur. April 26, 2007, at midnight www.usacce.army.mil/frc The potential contractor will have one year experience in writing, journalism, or an associated field paid or volunteer. Familiarity with digital photography and Microsoft Publisher software is essential. Work will be performed in an office on Warner Barracks Monday through Friday from 10 a.m. to 4 p.m. For more information contact Hassan El-Annan at 469-9401.

Outside the Gate



Be a tourist for a day

So you live in Bamberg, a World Cultural Heritage Site, but how much of Bamberg have you really experienced? Stop by the tourist information office located at Geyerwörthstrasse 3, and find out what you're missing. Be a tourist in your own town! Phone: 0951-29-76-222 (representatives speak english!)

Opening Hours:

Monday — Friday: 9:30 a.m. to 6 p.m., Sat., Sun. and bank holidays: 9:30 a.m. to 2:30 p.m. (hours in effect now through Dec. 31)



Photo Amy L. Bugala

White "Eldorado" asparagus on display in the Maxplatz at the Bamberg fruit and vegetable market. Out of season, this tasty vegetable can be quite pricey, so get your fill now. Asparagus spears are sold by the bundle or by the kilogram.

It's Spargel Zeit! (Asparagus Time)

Story by Nicole Karsch-Meibom

The Franconian asparagus is known as "edible ivory", the "royal vegetable" or "spring air in sticks".

Asparagus is actually a member of the lily family, which also includes onions, leeks and garlic. It has been cultivated for over 5,000 years, being a favorite dish at the Egyptian pharaohs' tables.

The region of Bamberg enjoys an excellent reputation for connoisseurs. Today, gardeners distinguish between white, violet, violet-green and green asparagus. The most popular sort is the ivory pale asparagus. Before harvest, mounds of sandy soil are piled over the plants. To guarantee the white color, the shoot must always be covered by the soil. Every single stick of asparagus must be dug up and cut by hand before it breaks the soil. White asparagus is particularly tender and is distinguished by its mild taste.

Where to get it

During the season - you can only find fresh asparagus in markets from April to June - people like to eat them as the main course with some white wine, potatoes and bacon. They can also be combined with other foods as an entrée or served as an appetizer. The range of recipes is enormous. Asparagus is a very versatile vegetable, so try out the different variations - from classic (with melted butter or Hollandaise sauce, potatoes and bacon), au gratin with cheese topping or cream soup just to mention a few. Freshly cut, "the white gold" is offered in Hallstadt or Strullendorf. The Bamberg vegetable market on the Maxplatz sells the Eldorado variety of asparagus. 1 kilogram of raw asparagus will serve four people. Expect to pay between 6 to 8 Euros for top quality, but if you want to make a soup, second class (2.80 to 6 Euros) will do just fine. (continue next page)

How to serve it

First, asparagus must be washed well under running water as the ends might hold dirt. Although it is not necessary, some people like to peel the entire spear especially at the base, just be careful to not spoil the tender tips.

(This is best done using a potato peeler.) Before cooking, cut off the tough white end, which is usually dirty. (Depending on the variety, 1/2 inch should be enough. The ends can be cooked and used as a base for soups and sauces).



The best way to cook asparagus is to steam it. Steaming helps the asparagus keep its flavor and vitamins, but don't over cook it or the spears can taste bitter. You can test for doneness by using a fork. Cooked asparagus is usually served warm as a main dish with butter or Hollandaise sauce over it.

If you don't want to cook, you can give it a try at a local restaurant. Many establishments in the Bamberg area are currently featuring a special menu of "spargel" dishes. Asparagus alone has few calories, is rich in vitamins and minerals, so indulge—but hold on the sauce or butter if you are counting!

In some countries this "royal vegetable" is considered to be an aphrodisiac—a belief that eating it could increase feelings of compassion or love. Others believe that it promotes fertility, reduces menstrual cramping, and increases milk production in nursing mothers. Well, nothing promised but try it out for yourself! The worst thing that can happen is you will simply have a delicious meal. Guten Appetit!

Weekend Events in and around Bamberg

Friday, April 20

- 6 p.m. Sushi Night at Palais Schrottenberg (*Kasernstr. 1*)
- 8 p.m. Triadisches Ballet at Main Hall of the University, Dominikaner Church (*Dominikanerstrasse*)
- 8 p.m. Folk songs and old pop songs at Studio 13 (*Luitpoldstrasse 40*)
- 8 p.m. Gods of Noise at Live Club (*Obere Sandstr. 7*)
- 8 p.m. Bamberg Symphony Orchestra plays Die Meisterschueler at Harmonie Spiegelsaal (*Schillerplatz 5*)
- 8 p.m. Hello Dolly, Musical Comedy at E.T.A. Hoffmann Theater (*E.T.A. Hoffmann Platz*)
- 9 p.m. DJ Major Tom with Funk, Rock, Soul at Sound'n'Art (*Obere Sandstrasse 20*)
- 9 p.m. Blue Note Blues Band at Club Kaulberg (*Unterer Kaulberg 36*)
- 9 p.m. Melange Fatal at SubOptimal Stage Club (*Böttgerstraße 4*)
- 9 p.m. Johannes Mössinger New York Trio feat Don Braden (akustisch-urban) at Jazzkeller (*Obere Sandstr. 18*)
- 9 p.m. Andi Lauth at Blues Bar (*Obere Sandstrasse 18*)
- 10 p.m. Macca Fat! (Ragga, Dancehall, Dub) at Morph Club (*Siechenstrasse 7a*)

Saturday, April 21

- 6 p.m. Sushi Night at Palais Schrottenberg (*Kasernstr. 1*)

- 6 p.m. Der Freischuetz (Opera by von Weber) at String Puppet Theater Loose (*Untere Sandstrasse 30*)
- 7:30 p.m. Russian Theater (in Russian) at Hegelsaal
- 8 p.m. Jewels of Acoustic Blues" - Acoustic Blues at its Best at "Weinwirtschaft" (*Fischerei, near Am Kranen*)
- 9 p.m. Loveboats & DJ Evil Genius - Ska, Reggae & Rock steady at Sound'n'Art (*Obere Sandstrasse 20*)
- 9 p.m. Whitey Whiteman & The Blackbeats at Club Kaulberg (*Unterer Kaulberg 36*)
- 9 p.m. Open-Stage with Loaded Dices, Procras, Mefisto at SubOptimal Stage Club (*Boettgerstr. 4*)
- 9 p.m. Live: Stark at Blues Bar (*Obere Sandstrasse 18*)
- 9 p.m. Top Live Acts playing Oldies at Haas-Säle (*Obere Sandstraße 7*)
- 9 p.m. Five Friends Party at Stilbruch (*Obere Sandstr. 18*)
- 10 p.m. Beat Virus (Technohouse) at Morph Club (*Siechenstrasse 7a*)
- Midnight Midnight Table Football Tournament at Pelikan (*Untere Sandstr. 45*) Sign up before, seating limited

Sunday, April 22

- 10 a.m. Brunch (breakfast & lunch) at Palais Schrottenberg (*Kasernstr. 1*)
- Noon Spigger Tournament "Dart" at Stilbruch (*Obere Sandstr. 18*)
- 5 p.m. Bamberg Symphony Orchestra: Organ Concert at Congress Hall (*Musstr. 1*)
- 6 p.m. The Magic Flute (Opera in German) at String Puppet Theater Loose (*Untere Sandstrasse 30*)
- 7:30 p.m. Hofmanns Harp Concert at E.T.A. Hoffmann Theater (*E.T.A. Hoffmann Platz*)
- 9 p.m. Jam Session with Heiner, Martin & Friends at Sound'n'Art (*Obere Sandstrasse 20*)
- 9 p.m. Daniel T. Coates at Blues Bar (*Obere Sandstrasse 18*)

Monday, April 23

- 8:45 p.m. Poetry Slam at Morph Club (*Siechenstrasse 7a*)
- 9 p.m. Dance at Live-Club (*Obere Sandstrasse 7*)

Tuesday, April 24

- 9 p.m. Helt Oncale at Blues Bar (*Obere Sandstrasse 18*)

Wednesday, April 25

- 8 p.m. Chinese National Circus at Congress Hall (*Musstrasse 1*)
- 9 p.m. Frank Zappa Revival - Lyriks & Music & Videos at Sound'n'Art (*Obere Sandstrasse 20*)
- 9 p.m. Helt Oncale at Blues Bar (*Obere Sandstrasse 18*)
- 9 p.m. Pit Pop at Stilbruch (*Obere Sandstrasse 18*)
- 9 p.m. studentunes feat Dj Cri at Morph Club (*Siechenstrasse 7a*)

Thursday, April 26

- 9 p.m. Offene Kleinkunstbühne at Sound'n'Art (*Obere Sandstrasse 20*)
- 9 p.m. Live: Anajo at Morph Club (*Siechenstrasse 7a*)
- 9 p.m. Big Brother George & Didi Neumann at Blues Bar (*Obere Sandstrasse 18*)
- 10 p.m. Capricorn & The velvet Chord (live) at Stilbruch (*Obere Sandstr. 18*)

Fränkischer Tag.de

As seen in the Fränkischer Tag ...

News summaries from April 13 through April 19

Conservative Premier Apologizes to Nazi Victims

Baden-Wuerttemberg Premier Guenther Oettinger (CDU) is under heavy fire for his controversial eulogy for the late Hans Filbinger [former Premier of Baden-Wuerttemberg, and earlier a Navy Judge in the Nazi regime]. After he later repeated his opinion that Filbinger had been an opponent of the Nazis, various groups and politicians are now calling for his resignation. In an open letter released on Saturday, Oettinger had expressed his regret over "misunderstandings" in connection with his speech. He has since rejected any further clarification of his eulogy. Germany's Central Council of Jews says the guarded apology does not go far enough.

Radical Left-Wing Feminist Given Suspended Jail Term

A member of a German left-wing feminist guerrilla group was handed a suspended two-year prison sentence on Monday for her role in two failed bombings 20 years ago.

Economic Boom Helps Catholic Church in Germany

The German Catholic church has collected the most church tax for the first time since 2000. But it's not German Pope Benedict XIV who is responsible for the tax boom -- rather it's the country's pumping economy.

West Germans Have Hang-ups About Going East

As they pick up pictures taken over the Easter holidays, few western Germans are flipping through photos of the country's east, and experts say not many vacations in the former East Germany are being planned.

German Tornado Jets Start Mission in Afghanistan

Tornado aircraft belonging to the German Armed Forces ("Bundeswehr") have begun their surveillance mission on behalf of the NATO-led international security force ISAF. Two of the planes conducted patrol flights of about ninety minutes. A spokesman for the German Air Force said that they returned with excellent photos. The Tornados will primarily observe the area along the border with Pakistan, and Taliban positions in the south of Afghanistan. The Bundeswehr has stationed six of the aircraft in Mazar-i-Sharif.

Protest against data collection

Around a thousand civil rights activists protested in Frankfurt against increasing surveillance by the state and by business. They criticized the ever-growing amounts of data being captured through recording telecommunications data, secret searches of computers hooked up to the internet, and the plan to allow police access to digitized passport photos. Such measures, they say, do nothing to improve protection against crime and terrorism, but do threaten everyone's privacy.

Ramps still controversial

After a major uproar and lots of discussion the concrete walls that had just been built at the ramps along the riverside near Luitpold Bridge have finally been pulled down. But the issue remains controversial. To have the city save some money, city councilor and building constructor Norbert Tscherner had offered to pull one of the walls down for free. The building authorities had declined his offer pointing to the necessity of a contract bidding procedure. He was told he could participate in the bidding though. Then he found out that the work was awarded to the very same company that had built the unwanted ramps in the first place without any bidding procedure at all. In addition, he claims that even the contract for the building of the ramps has never gone through a bidding procedure. Now, Tscherner considers filing a disciplinary complaint.

Buzzards attack joggers

As is its breeding season for buzzards there have been cases again when the prey birds attacked joggers in the Bamberg County. While slowly walking pedestrians went unharmed, fast moving runners had found themselves attacked by the animals. Therefore, experts suggest avoiding runs through forest areas where buzzards breed.

Asparagus Season started

Minister for the Agriculture, Josef Miller, has officially started the asparagus season. The minister came to an opening ceremony at an asparagus field near Forchheim. Bavaria has become the forth biggest region for growing asparagus. (See story in today's issue)

Finals days of Loewenbruecke

Next week, the middle part of the bridge, built in 1948, will be taken off. Traffic is scheduled to be crossing the new bridge in October 2008. The new bridge, including all ramps and stairways will cost 10 million Euro.

German hourly care available downtown

The Kinderparadies, a German hourly child care facility in the Theatergasse, will open again on April 21. Parents can drop-off their children for a few hours to do some shopping in downtown Bamberg without prior notice. The cost is 4 Euros per hour. The kindergarten-like facility with 65 sq. meters of playground with lots of toys as well as a little garden, is for children from 2 to 7 years old. The facility is open Mon. through Fri. 9 a.m. to 5 p.m., and Sat 9:30 a.m. to 2 p.m. For more information contact 0951-2080432.

Explosive found in Wildensorg garden

When doing his gardening work a local man from Wildensorg/Bamberg made a surprising discovery. He found a grenade/shell from World War II. A group of specialist exploded the device in a safe environment.

Arsonist found?

After a series of fires in the Bamberg County, the police now caught a 17 year old man who had kindled a fire and caused a forest fire near Tutschengereuth. The police are not sure, however, if he is responsible for all 13 fires in the past year.